



# BOUNCE BACK

# BIG in 2020

The *Miracle Blueprint*  
to Turn Your Life Around **Fast** and  
Achieve Your Wildest Dreams!

**Sonia Ricotti**  
#1 Best selling author of *Unsinkable*

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Just trust that everything is unfolding the way it is supposed to. Don't resist. Surrender to what is, let go of what was, and have faith in what will be.

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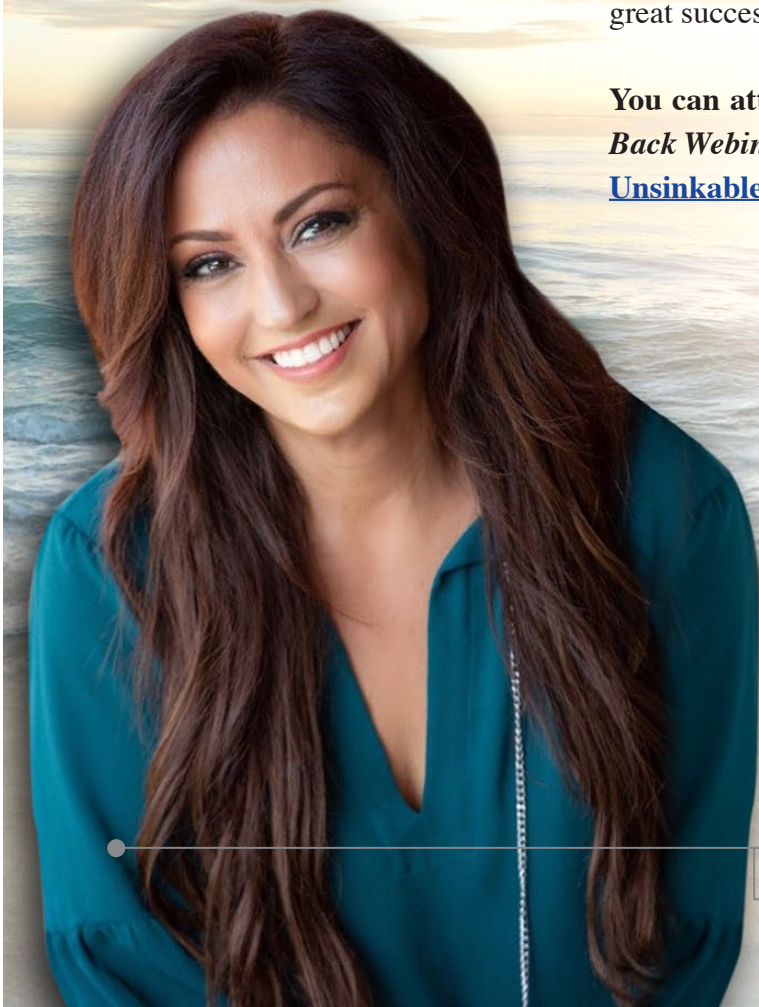
*Sonia Ricotti*

## About The Author

Sonia Ricotti is the #1 bestselling author of *Unsinkable: How to Bounce Back Quickly When Life Knocks You Down*, and also *The Law of Attraction Plain and Simple* (also a #1 best seller).

She is the CEO of Lead Out Loud Inc., a global transformational personal development company helping people live their greatest lives. She is known around the world as the “Bounce Back” expert. Through her powerful webinar workshops, books, and programs, she has helped millions of people turn their lives around (in a BIG way) and achieve great success in record time.

**You can attend her latest *free* online *Unsinkable Bounce Back Webinar Workshop* by going to:**  
**[Unsinkablewebclass.com](http://Unsinkablewebclass.com)**



# Preface

When I first wrote this book, I wrote it so that it would be a quick, easy read which would have the most positive impact on your life.

While I was recently shooting for my feature film, *Unsinkable: The Secret to Bouncing Back* (released in January 2020), I decided to read this book again.

Yes, strange I know. I wrote the book, why would I read it? Well, it had been a while since I wrote it and so I thought it would be a good idea to reread it to set my focus before filming.

While the film crew were setting up the set, I read the book from beginning to end.

After reading it, I said to the film crew (with a huge grin on my face), “Wow, did I actually write this? This is SO good!”

LOL! I was so proud—not only about how far I had come in my journey, but how I was able to express the step-by-step formula of ‘bouncing back’ in an easy and succinct way.

I promise you, this is a really GREAT read.

Yes, it is short BUT don’t underestimate it. Make the time to read every single page. It could possibly be THE thing you’ve been needing to completely turn your life around in a massive way!

Get ready to make 2020 your best year yet! Yes, this is going to be YOUR year! Set that intention right now!

Enjoy the read!

*Sonia Ricoffi*

# Introduction

## **Breakdown, Breakthrough and Having it All.**

The plane is full. I'm sitting in Business Class. I'm exhausted as I write this; yet, it's a good kind of exhaustion. The kind I had dreamt of all my life.

I am just returning from four days in sunny Arizona, where along with my amazing team we had completed intense software training for the next big phase of my business. Before that, I was in San Diego at a "mastermind" meeting with a number of my big Joint Venture partners (some of the top personal development teachers of our time).

In a few days I'm off to another "mastermind" meeting in Turks and Caicos in the beautiful Caribbean.

Ever since I was a little girl I had a dream of having a "job" where I could travel the world. Never did I imagine it would be as incredible as this.

I'm sitting here sipping on some orange juice and revelling at how far I've come in such a short period of time. I'm in awe at how things have turned out. If someone had given me a crystal ball even just a few years ago and said to me, "Look at your life in the future." I wouldn't have believed it.

I wouldn't have even understood how it could be possible.

It was way beyond my reach or even my comprehension at the time.

I would have thought to myself, *I would need some insanely huge miracle to live such a life.*

Little did I know I would become a master at manifesting miracles.

## **When Things Fell Apart**

You see, my life wasn't always like it is today. In fact, just a few years ago, I was completely at the other end of the spectrum. In fact, I had hit rock bottom.

- I was broke (six figures in debt).
- I had severe health issues (a serious blood clot).
- My long-term relationship had just ended.  
It was a relationship that started out beautifully and ended with deep heartache and emotional pain.
- And if all that wasn't enough, we lost our home due to foreclosure.

The worst part was that it was all happening at the same time.

Things were bad.

They were so bad that for a brief moment the thought of “ending it all” actually entered my mind. I was that low — feeling that helpless, that hopeless — under the enormous weight of it all.

I had no idea how I was going to get myself out of this bad situation. No clue at all. I was deflated, stressed, bewildered (how did this all happen to me?) and felt like no matter what I did, there was no way out.

But there was.

I just didn't know it.

I didn't know there was incredible beauty and joy waiting for me in this miracle life I would ultimately create.

I didn't know that all this misery, distress and pain – was a *gift*.

I turned my devastating circumstances around in a really BIG way. *A really, really, really big way.*

Bigger than I could have ever imagined.

And I did it FAST. In fact, it was *miraculous*.

If you are going through any kind of difficult time in your life right now (in any area of your life) and you're not sure how to turn things around (and in a BIG way), please know, *there is a way.*

Hang in there. There are incredible things waiting for you around the corner. In fact, they have arrived. *Simply keep on reading this book until the end.*



## Fast Forward

Today, I run a lucrative 7-figure heart-centered business from my beautiful home. That's right. I work from home (I now live in my dream home). I make my own hours and I'm my own boss.

I have financial freedom. I have phenomenal health. I have so much love in my life. I get to travel the world *and* I get to make a living doing what I love.

I could go on and on – but I won't.

I'm telling you about the “dream-come-true” life I live now for one reason, and one reason only.

So you know that ...

**No matter where you are in YOUR life right now, you can turn things around FAST and achieve your wildest dreams.**

Even if you have no clue how you'll do it. That isn't important right now.

**If I can do it, so can YOU.**

It wasn't just a fluke that I turned things around at lightning speed and in a grandiose manner.

There is a WAY.

This “way” is what I like to call the “Miracle Blueprint”.

Follow, learn and integrate the Miracle Blueprint into your daily life at a very deep level – and I promise you, it will never be the same.

This is your chance to press that “reset” button and start fresh. What better way to say goodbye to the past and make a toast to your new present and future!



No more waiting. No more excuses. This is IT!

Your new life is about to begin!

Let's raise a glass to YOUR New BIG Life! Cheers!

It isn't a coincidence that you happened to come across this book.  
No coincidence at all.

You attracted and manifested it.

See, you're already manifesting miracles into your life.

This book is broken down into 3 sections.

*The Blueprint* – You must start here. This is where you set things in “motion” to manifest the miracles about to come into your life.

*The Formula* – Get ready to experience the necessary internal shift needed to bounce back from anything in a BIG way.

*The Truth* – A dose of inspirational reality, but not like you think. *This* “truth” is the ultimate key to achieving your greatest life.

Each section is part of the creation process to building the life you love and deserve. Make the commitment now to read the entire book. It won't take long. You can easily read the entire book in one sitting (it was created that way on purpose). Grab a coffee or tea. Get cozy in your favorite chair and get ready.

*Get ready to bounce back BIG and achieve your wildest dreams!*

# PART I

## The Blueprint *(Where it All Begins)*



# Declare It Now!

This is the first step to your creating your new dream-come-true life.

The fastest way to get the wheels in motion and achieve all you desire in life is to STOP, REFLECT – and *SET AN INTENTION*.

You've most likely heard this before (possibly from me) and you may be thinking, how is THAT going to help me manifest money, get healthy, get that fantastic loving relationship (or whatever it is you are wanting to manifest in your life)?

Well, without a solid, clear intention of what you want, how will the Universe, God (or the higher source you believe in), know what to send you?

When I was going through my difficult times, that's the first thing I did. I set an intention. It wasn't even a clear intention (that's the funny part). I didn't have a clear intention because everything was falling apart in my life so fast, I didn't even know where to begin!

So instead I said "*I don't know why this is all happening, but one thing I know for sure, something GREAT, HUGE, AMAZING, SOMETHING WAY BIGGER THAN ME is going to come out of this, because I'm not going through all this stuff for nothing!*"


I meant it.

I felt it in every fiber of my being.

I knew in that moment, that something was going to happen.

I didn't know what – and it didn't matter.

I just knew it was going to be big.



"The fastest way to get the wheels in motion and achieve all you desire in life is to... *stop, reflect and set an intention.*"

I trusted the process.

I surrendered to it all. I believed.

Now, you may already know what your declaration is. If so, go ahead and write it out. Say it out loud over and over. Carry it around in your pocket, in your wallet and put it up on your wall!

Be open to receive the great things that are coming your way – right now, as you read this.

Just be careful how you word this declaration. It must be positive.

Nothing negative such as *“That jerk is going to pay for what he did! I will make sure of it!”*

Negative language is also filled with negative energy.

Negative energy is not good for YOU and the people around you (as I will be discussing in future chapters).

You want it to be something positive and open in nature.

Something that declares you are open to “receive” great things into your life.

It can be something such as:


*“I am open and ready to receive great financial abundance, love, health and exciting new wonderful things into my life, bigger than I can even imagine! I am ready.”*

Once you’ve done this ...

Wait. Pay attention to the signs.

Become keenly *aware* of the “signs”.

For me, the sign came to me in one word.

A person is silhouetted against a bright, hazy background of a sunrise or sunset over a misty landscape. The person is standing on a large rock, looking out over a valley filled with fog or low clouds. The sky is a mix of warm orange and yellow tones, with some blue visible in the distance. The overall mood is serene and contemplative.

“Be open to receive  
the great things  
that are coming  
your way – right now,  
as you read this.”

## MY “Sign”

Shortly after I set that declaration, I was walking up the stairs (the stairs of the house I was about to lose), and on the 5th step of that staircase (yes, I remember the exact step), I got the message. It was one word.

### *Unsinkable.*

I knew in that exact moment what that word meant.

I finally understood why this was all happening. I felt an incredible surge of excitement come through me. I skipped up the rest of the stairs with incredible exhilaration.

I got it.

It was the title of my next book and the future of my life’s work and mission!

I knew in that moment, that my mission was to bounce back *fast* from all of this (and higher than ever) – and teach and help others how to do it.

*Well you better get to it then, Sonia.* I told myself.



# Dream Big, Success Will Follow

Dream BIG. This is probably the hardest thing for most people to do. To actually set goals that are bigger than life itself. Most people are “reasonable” and choose goals that are easily attainable.

I say, “be unrealistic”.

Yes, that’s right.

I want you to be *unrealistic*.

The most successful people on the planet have all been “*unrealistic*” in their dreams.

They came up with the most ludicrous ideas that most people laughed at, but they didn’t let that stop them. Most of them had no idea how they would implement or make their “idea” a reality.

You see, to most successful people, the “how” is not important.

They first figure out the “what”. What is the big “dream”?

That’s where they begin -- with the *WHAT*.

The “how” comes later.

So what is YOUR big dream?

Take the time to really think about that. You can turn any area of your life around in a big way—and attract great miracles to make it happen.

You just need to take the time and think about what your “biggest” life would look like? Believe me, this isn’t just silly “dreaming” or “wishful thinking”. It is the beginning of the manifestation process.

You are beginning to claim and *step into* the life that you love and deserve.

It all starts with a BIG dream. What is yours?



“The most successful people on the planet have all been ‘unrealistic’ in their dreams.”

## ACTION STEP :

Answer this powerful question to help you step into your biggest life.

*What would you do if you knew you could not fail?*

If there weren't any obstacles in your way and you knew that anything you did, you would be successful, what would you do? What would you accomplish? What would you have in your life? *Who* would you have in your life? How would you be living your life?

Take the time to answer these questions. I want you to write it all out. Don't stop and over think it, don't even judge it. Just write. Allow the creative juices to flow and feel the excitement of this "big" new life you're stepping into.



# One Critical Thing To Do Right Now

So now you've created your declaration and you've also written out your *BIG dreams*.

You are beginning to set the manifestation wheels in motion.

The next thing I'm going to ask you to do is something critical that you must do to ensure your greatest success in the next year.

I want you to now write out what you want to accomplish in the next 12 months. I know that sounds really basic, but you'll be amazed at how many people don't do this!

Don't just think about it or talk about it, write it down!

There are magical manifestation powers behind taking a pen and paper and writing down all you will achieve in the next 12 months. There is something that happens when it is on paper in black and white.

It becomes "official" when it is in writing.

It is telling the Universe/God, "I am serious. This is what I *will* accomplish in the next year."

It can sometimes be scary putting all your incredible feats you will accomplish in your life on paper. The more it "scares" you, the better it is.

That means you are stepping outside of your comfort zone. You are stretching yourself.

You are stepping into your biggest life.

## **Why Write Them Down?**

Did you know that you have a much better chance of achieving your goals by simply writing them down?

Studies have shown that the simple act of taking the time to write out your goals will dramatically increase the likelihood of achieving those goals!

**Here's an example.**

*Mark McCormack* reported in his *Success Secrets* newsletter that 83% of Harvard School graduates had no goals 10 years after graduation; 14% had goals, but not in writing. The remaining 3% had written goals.

**Results of each group:**

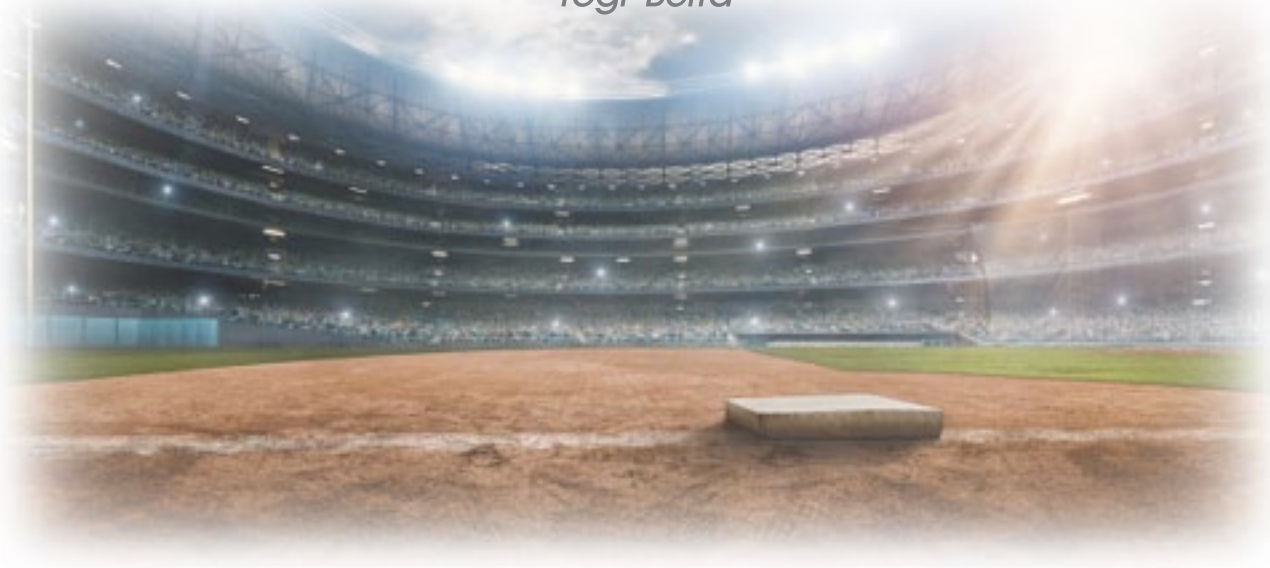
Those who wrote down their goals were earning **10 times** as much as the group with no goals. Even the 14% whose goals were not in writing were earning three times as much as those graduates who had no goals at all.

It is therefore important to *write down* what you want to achieve.

Simply by writing out all your goals, you are stepping into your future right now. So start writing, writing, writing. Do it now!

“If you don't know where  
you are going, you'll end  
up someplace else!”

– *Yogi Berra*





# Have A Plan – But Be Flexible

So now that you've created your declaration, have written out your big dreams and then put "My Life One Year From Now" in writing, it's time to hit the ground running.

You need to create a plan and begin taking action.

Start writing out a plan of *how* you will achieve all that you want.

The plan doesn't need to be perfect.

For example, if one of your goals was "*I want to make \$100,000 in the next 12 months*" then start thinking about how that could possibly happen.

You see, setting your goals and putting it in writing, will get the creative juices flowing and the manifestation process in motion.

Ideas will start popping into your mind. Opportunities will start to land in your lap. People who can help you make this dream a reality, will all of a sudden show up in your life.

Be patient. You may not get all the answers to the "how" right away, but they will come to you with time.

## **Be Flexible**

Now, once you know what you want and have a plan around how to make it happen, always keep in mind that your plan is not written in stone.

This is important.

Be flexible with your plan.

Some people have a set goal with a set plan on how to make it happen, but they are not flexible.

This is often why many people fail when they try to achieve something big.

They start taking action on their plan and if they hit a roadblock and stumble, usually one of two things happen. They either feel discouraged and quit, *or* they just try the same thing over and over again, thinking that eventually they will succeed.

I see this all the time.

Now, I'm a huge believer in the old adage "Never ever give up!" however, when you reach a roadblock, recognize that this is a message being sent to you.

It is *feedback* about your plan (and possibly about your goal).

This is the opportunity to analyse the situation, learn the lesson, and then re-adjust your plan and/or goal accordingly.

You see, sometimes when things don't go as planned, it can actually mean there's something even better waiting for you.

If you are flexible to adjusting your path along the way, you will eventually arrive at the *right* destination (a destination that will be even bigger and better than you ever imagined!).

Trust the process. Don't be deflated when you hit roadblocks. They are mere messages being sent, "*Alert! You took a wrong turn, adjust your path accordingly and continue forward.*" That's all.

# PART II

## The Formula

*(Harness Your Inner Power  
to Bounce Back BIG)*



## Before You Begin Part 2...

So now that you've done *Part One* of this book, you have laid out the foundation to achieve your greatest life. Just doing that alone, you'll experience some great results.

If you want to achieve really BIG results however, you need to take it even further. You need to do the "inner" work too.

**The inner work is a *critical* part of this Miracle Blueprint.**

You see, most people miss this part.

Once you've mastered this part of the Miracle Blueprint (along with setting the "foundation" that you've just done), there is nothing stopping you from achieving your *greatest life*, the life you've dreamed of.

You will be amazed at the miracles you'll manifest over the next 12 months!

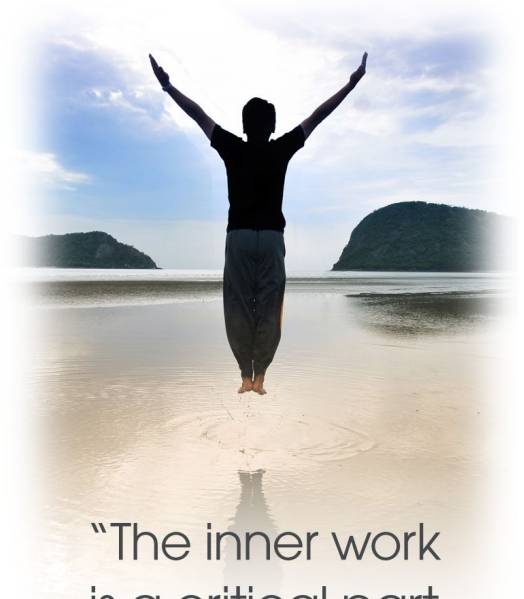
I know that's a bold statement, but once you understand what I'm about to share at a very deep level (not just at a surface level), it will all make sense to you.

In fact, this next part is so important to achieving your best life that I actually created [a \(free\) webclass](#) dedicated to mastering it.

The webclass goes much deeper into the "3 Step Formula," showing you how to bounce back instantly and higher than ever when life knocks you down.

I hope you do what you can to attend the next airing of the webinar, as it goes hand in hand with this book and is really the next step in achieving a life beyond your wildest dreams!

Now let's begin...



"The inner work  
is a critical part  
of this miracle  
blueprint."

# Reprogram Your Conscious Mind

The first part of this formula is focused around something that you have complete control over.

Your “conscious” mind.

Now you only have control over it once you realize and become aware of it. Otherwise, it’s something that can completely overtake your life and make you feel absolutely miserable.

In fact, any suffering we experience when something negative happens in our life is attributed to our conscious mind.

Want to feel good fast? Shift your conscious mind.

It’s really that simple.

If you’re going through a difficult time in your life right now and you are in that “misery” state, you may not believe me. You may be thinking something like this, *“Wait a second, the misery I’m feeling right now is because of my current situation. I just lost my job and I’m about to be evicted from my apartment. Pretty soon, I’ll be homeless. That’s what’s making me feel miserable.”*

The truth is, whatever your current situation is (it may not be as dramatic as the above situation—or it might be worse), if you’re feeling miserable, unhappy and stressed, it’s NOT because of your current situation.

In fact, you can have two people who are going through the exact same situation and have two completely different reactions. One may be depressed and stressed, while another person can be peaceful and joyful no matter how bad things are (the latter is the one that will bounce back the fastest by the way, and I’ll explain why later).

So if one’s external situation is not what’s causing their suffering, then what is?

The answer to this one question has the power to dramatically change how you live your life from this moment forward. Are you ready?



**It's not the external situation that's causing your suffering. It's your *thoughts about the situation* that are causing your suffering.**

Your *thoughts* are causing your suffering!

All you have to do is become aware and observe your thoughts when you're not feeling good. You'll be shocked at what you're telling yourself. I can assure you it's not positive. If it were positive, you'd be feeling good!

The good news is that once you become aware of these negative thoughts, you can then choose to shift them. It's up to you to decide in that moment that you will interpret this current situation in a different way (since the current way is not making you feel good).

Often the best way to do this is by looking for the "silver-lining" in the situation. Like they say, every cloud has a silver lining. When you find it in your situation, you will feel an immediate shift in how you feel.

Even if you can't find it, then simply stop and say your "declaration" out loud (the one you created in the first part of this book—or simply create a new one for this particular situation).

The bottom line is that "resisting" what is going on in your life (and fighting it in your mind saying it shouldn't be this way, or saying this is "wrong") won't help you bounce back quickly.

You are simply getting sucked into a negative vortex (more about "energy" later in this book). It will be hard to find "the way" to bounce back in this mental state (and it doesn't feel good).

Sometimes, you just need to let those feelings go and say "Oh well, it is the way it is" and move forward with strength and power.

"It's not the external situation that's causing your suffering. It's your thoughts about the situation that are causing your suffering."



Sometimes we let others affect how we feel as well.

Again, it's not what others do or say that makes us feel the way we do. It's our thoughts about what people are saying and doing that are affecting how we feel.

What I love to always say is *“Don't let anyone rent space in your mind. Let it go.”*

Simply put, shift your thoughts and you will shift how you feel.

“Don't let anyone rent space  
in your mind. Let it go.”



# Reprogram Your Subconscious Mind

The second part of this formula is a little more complex to master; although once you learn how to do it, it will completely transform your life.

In fact, if you are going through a difficult time in your life right now and you really want to turn things around with lightning speed, you must master this step—it is absolutely essential.

Here's why.

Your subconscious mind is what is controlling your success (or lack thereof).

You see, you may say you want to achieve something on the conscious level, but if your subconscious mind is sending the opposite signal, your subconscious mind will always win.

For example, if you say something like, *"I really want to meet the love of my life. I am ready to meet my soulmate."*

But if at a deep subconscious level you really believe, *"I'd like to meet my soulmate, but that's never going to happen at my age. I'm too old now."*

It will be difficult (if not impossible) to make this dream a reality.

Why? Because. . .

**We don't manifest what we want,  
we manifest what we believe.**

"We don't manifest  
what we want,  
we manifest  
what we believe."

So if you say you want one thing, but you believe something else at a deeper subconscious level, you are blocking yourself from achieving success in that area.

This is also true for money.



If you are experiencing financial difficulty or having trouble achieving the financial freedom you've always dreamed of, I can assure you that you have limiting beliefs around money.

What's exciting about this however is . . .

Once you shift this limiting belief at the subconscious level, the money will start flowing into your life.

This actually works for any area of your life.

All you have to do is take the time to unravel and unveil what your limiting beliefs are around the area that is not working for you right now.

Once you've uncovered that and bring it to the conscious level of your mind, then (and only then), can you dramatically shift that part of your life.

Again, I am able to go much deeper into the training around each of these steps in my free webclass (especially around the topic of "money"), so please make sure you take advantage of this additional opportunity to let these teachings really sink in and become a natural state for you.

If you haven't registered for it yet, simply [go here to register for it now](#).

# Elevate Your Vibration To The Highest Level

This final step in the formula is also a critical step. In fact, it's very important that you master all three. You'll be amazed at the miracles that begin to manifest in your life once you do.

You've most likely already heard of the "Law of Attraction". For those of you who are new to this term, here is the definition from my #1 bestselling book *The Law of Attraction Plain and Simple*:

*The Law of Attraction is a universal law that is present at all times. Put simply, it means "like attracts like." The Law of Attraction states that thought energy and projected energy attract similar energy. As a result, we attract things into our lives according to our thoughts and projected energy. Simply stated, we attract into our lives whatever we direct our conscious attention to.*

So basically what this means is whatever you project "out there" is what you'll attract back into your life.

So if you're trying to bounce back fast from a given situation, it's important to shift your energetic frequency. If you want to attract great things into your life, you have to begin projecting positive energy. I know this can seem like a nearly impossible task when life has presented you with a serious setback; but I'm here to tell you ...

Not only can you do it. You do it to attract and receive the great things that you want in your new life.

The Law of Attraction is always working. This is important to understand at a very deep level. It works the same for you, for me, for everyone on the planet.

***Whatever you are projecting out there, is what you will attract back to you.***

What's great is that by simply reprogramming your "conscious" mind and reprogramming your "subconscious" mind, you will automatically be elevating your vibrational frequency.

### **Now Let's Take it to the Next Level!**

If you're like most people, deliberately applying the *Law of Attraction* to manifest your dream life has been more or less a *hit and miss* situation. Sometimes it works the way you want it to and sometimes it doesn't.

I am going to make it REALLY easy for you to “get this” at a super high level so you can implement this into your life on a daily basis and really make it work for you in a big way. Instead of constantly focusing on always projecting positive energy in order to ensure you attract positive things into your life, (which can be tiresome, a lot of work and mentally draining), instead do this. . .

Simply focus on making sure you are always in a state of *Love, Peace, Joy and Gratitude*— and you will be projecting positive energy *all the time*.

That's it.

*Love, Peace, Joy and Gratitude* are the absolute highest vibrational states.

Get yourself to live your life from those states and you will begin to attract all you desire in life.

There are many ways that you can easily step into these high vibration states. With a little bit of training, you'll be able to easily shift your energy in an instant.

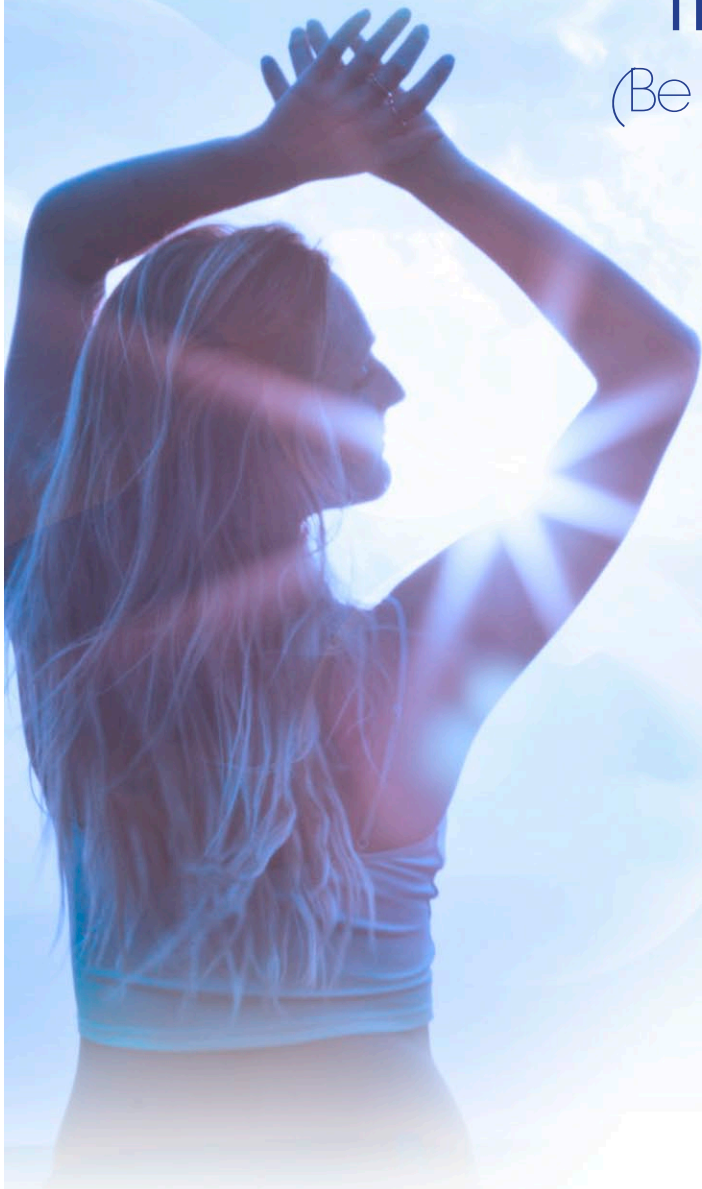
I've actually even created some special tools, called “activations” that dramatically and effortlessly elevate your vibration to the level of Love, Peace, Joy and Gratitude. They have been infused with special *Holosync* Technology (from *Centerpointe Research Institute*).

It's a quick and easy way to elevate your vibration in an instant.

If you want to learn more about these tools and other strategies and “secrets” to help you dramatically elevate your vibration state, please make sure you [attend my upcoming webclass](#).

I am able to go into much greater depth and detail in this additional training I created for you, (just do your best to stay until the end of the webclass).

PART III  
The Truth  
(Be Happy Now)



# The Ultimate Truth About Life

We all want to be happy. We often set our goals around things that we believe will *make us* “happy.”

For example:

- I want a new home
- I want to find my soulmate
- I want to get a new job that I love
- I want to make \$100,000 a year
- I want to travel the world

Those are just a few examples of things one might want to achieve, and I’m sure you have a few of your own you could easily add.

All those things are great, of course, and if you go back to the last time you achieved something significant in your life, I’m sure it *did* make you happy.

However, the question I have for you is: how long were you happy for?

Often when we achieve something great, we are happy for a certain amount of time. Then eventually that happiness wanes, and we jump on to the next “goal” or the next achievement to conquer (so we can be happy again).

This type of happiness is equivalent to being on a rollercoaster ride that just never ends. *Up and down, up and down, up and down.*

Now, I’m not saying you shouldn’t have goals and plan to achieve great success in all areas of your life. Of course you should. We talked about those very things earlier in this book, and how integral they are to creating your dream life.

This is what is called playing the game of life, and it’s how you set the manifestation process in motion.

We dream, we set goals, and we create action plans to have those dreams become our reality. Yet what we miss most often is, actually *being happy while we are playing the game.*



You see, it IS all a game. Even when we are playing at the highest levels.

Sometimes you win, and sometimes you lose, but you always continue playing the game.

**So, what if you could be happy *all the time* while you're playing this game?**

What if I told you that getting yourself to a state where you're happy all the time, *no matter what*, will in fact manifest all your goals and dreams with lightning speed. Would you believe me?

So often, we find ourselves saying, "I'll be happy when..." focusing on an achievement in the future.

Meaning, you are not happy **NOW**.

If you are not happy now, it will be very difficult to achieve and manifest what you want in the future.

Why?

Because when you are not happy, you are generating negative energy.

This simple factor guarantees that the road will be much longer than necessary when it comes to manifesting what you want and desire in your life.

You can see why mastering the 3 step formula that I shared in the last section is absolutely *critical* to achieving your dream life.

- Imagine if you've *reprogrammed your conscious mind* and your thoughts were always positive.
- Imagine if you've *reprogrammed your subconscious mind* so your beliefs were aligned with what you want (and not repelling the very things you wish for and desire)



"Focusing on being happy now will dramatically accelerate your results to achieving the life of your dreams.

It is the key to bouncing back higher than ever when life knocks you down."

- Imagine if you were in a constant state of *Love, Peace, Joy and Gratitude* and projecting the highest level of positive energy all the time.

*What would your life be like?*

You see, by mastering this 3 step formula you will be happy ***RIGHT NOW*** (even if your life isn't exactly the way you want it to be).

**Focusing on being happy *now* will dramatically accelerate your results to achieving the life of your dreams. It is the key to bouncing back higher than ever when life knocks you down.**

## What To Do Next...

So you probably already know what I'm going to recommend at this point.

Believe me, I know you're busy; I am too. But I am asking you to ***please*** make your dreams, and Your Life the priority it deserves to be. The truth is—no one else is going to do that for you.

Take the time out of your busy day (and life) and attend my next free webclass training.

It will take the teachings in this book to the next level, and put your feet on even firmer ground to get your new life (and the new you) ready to go!

By the way, this webclass is not a short 45 minute training, it is an actual webclass that goes anywhere from 90 minutes to two hours!



Well over 500,000 people have already attended my webclass, and this is just a taste of what people are saying about this training:

### “This Was AWESOME”

*“Hi Sonia!!!! This was totally incredible. I already have your book and listened to your Teleseminar Season 2, but this was AWESOME. Good clear and concise content. HOPEFUL, LOVING, JOYFUL vibrations all the way through. Yayyy Sonia :). Thank YOU!!” – Karin*

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## “Thankful For Your Generosity”

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*“Sonia the webclass was fantastic! The tools you gave us are remarkable. I took a lot of notes and am thankful for your generosity with your program. The addition of life stories and examples are so valuable and made all of the information so clear. Thank you, thank you, Thank you.” – Elena*

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## “I Really Enjoyed It”

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*“Excellent webclass, Sonia! The time just flew by. I really enjoyed it. The most important thing I learned from you is: Just Be. Thanks again.” – Jo-Ann*

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## “Transformational Info”

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*“Thank you, Sonia! Excellent Webclass with Transformational info! Your presentation was clear, concise, and truly from your heart! Thank you, once again, for helping enhance the lives of those you have touched! Blessings!” – Rhonda*

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## “By Far The Best Webclass”

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*“Sonia, I just want to thank you for your Unsinkable webclass! It was BY FAR the best webclass I have ever seen (and I’ve seen lots of webclasses).” – George*

Make sure you show up with a pad and pen, because you’ll be taking a lot of notes. In fact, one woman actually sent me an email with her 11 pages of notes she took during this training!

If you haven’t registered for the webclass yet simply [go here](#) to get all the details and reserve your spot.

I look forward to seeing you there, and we’ll continue this training and this conversation online!